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SUSSEX COUNTY

COMMITTEE FOR THE AGING / ADULTS WITH PHYSICAL DISABILITIES AGENDAS AND MINUTES

ADVISORY COMMITTEE ON AGING

<u>AND</u>

ADULTS WITH PHYSICAL DISABILITIES

FOR SUSSEX COUNTY

Minutes of Meeting

Monday, July 16, 2012

A meeting of the Advisory Committee on Aging and Adults with Physical Disabilities for Sussex County was held on Monday, July 16, 2012, at 10:00 a.m. at the Indian River Senior Center, 214 Irons Avenue, Millsboro, Delaware. The following members were present:

- 1. Sally Beaumont
- 2. Ruth Beideman
- 3. Francine Shockley

- 4. Anna Short
- 5. Fran Smith
- 6. John Williams

Also in attendance were Tracy Short, Adams State Service Center; Patsy Brown, Amputee Support Group of Delaware; Linda Connors, Delaware Division of Substance Abuse and Mental Health (DSAMH); Lisa Becker, Delaware Coalition Against Domestic Violence; Peggy Geisler, Sussex County Health Promotion Coalition; Josie MacLaine, ContactLifeline; Cindy Mitchell, CHEER; Cynthia Tunney, Dementia Caregiver Support; Lynette Whealton, Delaware Long-Term Care Medicaid Assistance; Gary Grimanelis, Diabetes Self-Management Workshops; Cheryl Doucette, Delaware Hospice; Jill Fuchs; Bobbie Hemmerich; Albert Burns; Arnold Waldner; Donna Reed; and Margo Kia.

Call to Order

Sally Beaumont, Chair, called the meeting to order and welcomed everyone on behalf of the Advisory Committee. For those who may not know, Ms. Beaumont stated that

she is the Chairperson of the Advisory Committee on Aging and Adults with Physical Disabilities for Sussex County which is comprised of 11 members from the five councilmanic districts in Sussex County. Meetings take place bimonthly at the County's West Administrative Complex in Georgetown and various other venues throughout the County.

Ms. Beaumont also took the opportunity to thank Suzanne Frame, Executive Director of the Indian River Senior Center, for use of the Center in hosting the Advisory Committee's meeting.

Approval of Minutes

A Motion was made by Mr. Williams, seconded by Ms. Short, to approve the minutes of May 21, 2012, as distributed. Motion Adopted by Voice Vote.

Correspondence

VANCE G. DANIELS, 9242 DANIELS ROAD, LINCOLN, DELAWARE.

RE: Letter of resignation from the Advisory Committee on Aging and Adults with Physical Disabilities for Sussex County as of June 5, 2012.

COPY OF E-MAIL FROM RAYMOND MOORE TO SUSSEX COUNTY COUNCILMAN VANCE PHILLIPS.

RE: Informing Councilman Phillips of his decision not to seek reappointment to the Advisory Committee on Aging and Adults with Physical Disabilities for Sussex County due to other commitments.

COPY OF E-MAIL FROM ROBERT G. DRAINE, SR., TO SUSSEX COUNTY COUNCILMAN GEORGE COLE.

RE: Informing Councilman Cole of his resignation from the Advisory Committee on Aging and Adults with Physical Disabilities for Sussex County effective August 1, 2012.

E-MAIL FROM NANCY CORDREY, SUSSEX COUNTY ADMINISTRATIVE SECRETARY, TO SALLY BEAUMONT, CHAIRPERSON, AND ANNA SHORT, SECRETARY, ADVISORY COMMITTEE ON AGING AND ADULTS WITH PHYSICAL DISABILITIES FOR SUSSEX COUNTY.

RE: July 2012 meeting agenda and Sussex County Council recognition of outgoing Advisory Committee members.

(Ms. Beaumont advised that Sussex County Administrator Todd Lawson has indicated

the Sussex County Council would like to recognize each member of the Advisory Committee that is stepping down. Therefore, she will take care of contacting those members to obtain a mutually convenient date for recognition to take place at an upcoming public meeting of the Sussex County Council.)

New Business

In view of the fact that items of correspondence pertained to resignations of Committee members, Ms. Beaumont deviated from the meeting agenda to discuss New Business, "Committee Membership – Expiration of Terms & Current Vacancies." It was noted that the recent resignations have created one vacancy in Sussex County Council District No. 3 (Joan Deaver), two vacancies in District No. 4 (George Cole), and one vacancy in District No. 5 (Vance Phillips). Terms of all members expire in August. Ms. Beaumont encouraged anyone interested in serving on the Committee to send a letter or e-mail of interest to their respective Sussex County Council member. Issuance of a news release regarding same will also be discussed with Chip Guy, Sussex County Communications Director.

Guest Speaker

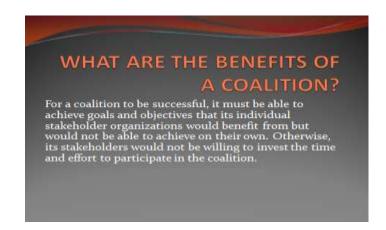
In accordance with the Committee's Strategic Plan For 2011-2012, one of the goals of the Plan is to create a coalition. To assist in accomplishing this goal, Ms. Short introduced Peggy Geisler, Executive Director of the Sussex County Health Promotion Coalition, a nationally recognized coalition that focuses on healthy foods, healthy weights, children's health issues, chronic disease issues, food access, environmental planning, mental health, as well as a host of other topics. The following PowerPoint entitled "Coalition Development: Change through positive partnership!" was presented by Ms. Geisler. A summary of the remarks made by Ms. Geisler during the presentation are noted with each section as well.



WHAT IS A COALITION?

 A coalition is an alliance of individuals and organizations, sometimes referred to as an "organization of organizations," that come together to address a specific problem or issue and reach a common goal(s). Goals that focus on system-wide changes and collaborations and require a variety of expertise are particularly well suited for coalitions.

The idea behind coalitions involves two things: (1) coming together because there is an issue to be addressed to make the community better, and (2) being engaged will improve something for the individual and/or organization. If a coalition does not provide something back to its constituents and members, the coalition is not doing its job and will probably end without reaching the intended goal(s).



Coalitions achieve success through advocacy, planning, bringing people together, and making things happen that could not be accomplished by a single individual or organization. Advocating in numbers is much more effective and produces greater results than tackling issues on an individual basis.



One of the major problems in a lot of communities is that many organizations do not know what each other is doing. A coalition gives the community an opportunity to have a forum to collaborate and understand who is doing what and actually reduces redundancy of funding and programming. If five or six organizations are already doing something really well but not communicating with each other, chances are they are not really doing it well. They are probably overusing resources and not getting

done what needs to be done in the community.

Coalitions by their very nature improve communication. Through data and information sharing, communities are able to look at what is being done from an assistance approach. In addition, cost in the community is improved with maximization of resources that are already limited and making sure they are used in an effective way.

Networking abilities are also expanded with the formation of coalitions. Ms. Geisler stated it is because of the partnerships, collaboration, letters of support, and programming from multiple partners that the Sussex County Health Promotion Coalition has been able to compete on a national and statewide stage to bring additional resources of approximately \$1,000,000 in the last six years to Sussex County, and that's a very important concept. When done right, coalitions are the number one vehicle of delivery in creating community-based change not only in the United States, but around the world—people working together effectively to create change.



In order for a coalition to be successful, establishing a good framework is essential. There have to be clear and concise expectations of the leadership, clear expectations of the membership, and clear goals and objectives of what the coalition hopes to accomplish. Bylaws to address what the needs are going to be both now and in the future, a job description for board members, and job descriptions for membership responsibilities (i.e. leadership, advocacy) are all important aspects in figuring out a structure that is going to help make the coalition successful.

Strong leadership is essential. The person in charge must have the personality, drive, dedication, and passion for the subject matter at hand. Sufficient staffing is also a

necessary part of any organization that actually does programming, not just advocacy. Some organizations exist mainly for networking and sharing information, while others are for advocating to get certain laws or policies changed. The role of the organization must be well-defined as well—what is it going to do, what is it going to provide, is there a strategy in place? Although it is a lot of work in the beginning, there are websites and organizations available to assist every step of the way.

Adequate resources are necessary in establishing a coalition, and that does not always mean cash. A coalition usually starts with an initial backer, an organization willing to step up and work behind the scenes to help the coalition get going until it can become its own entity, should it choose to do so. Some coalitions choose not to become their own entity, preferring instead to remain under the realm of a private foundation or the State Division of Public Health for example. The importance of polling the membership to see what kinds of skillsets they can contribute to moving the coalition forward is also helpful, to see for instance if there is a graphic designer within the group, web designer, good salesperson, someone who can write well, someone who knows how to apply for grants, someone who is great at taking notes, someone who is good managing a budget, that type of thing. Ms. Geisler reiterated the perception that the very nature of a nonprofit is never enough cash, but the Sussex County Health Promotion Coalition is exceedingly rich in community-based resources too.

Early wins are significant. If the membership does not see progression, it may stagnate before even getting started. It is important to find some things that are "low-hanging fruit," things that can be done quickly by the organizaztion to make an outward change in the community so people start to take notice. To recognize those early wins, the Sussex County Health Promotion Coalition started a Healthy Lifestyle Awards program whereby membership that goes above and beyond in an area they promote receives a plaque to show the Coalition's appreciation for their efforts.

Continued growth is crucial for an effective and successful coalition as well. The Sussex County Health Promotion Coalition has grown to 175 partner organizations with over 328 members since its inception. The Coalition has the ability to assist organizations with everything from networking and sharing information, to connecting partners, to helping obtain speakers, screenings, or giveaways for health fairs—always willing to help with whatever resources they have available.



As with any new endeavor, there are always barriers to overcome, and building a successful coalition is no different. The key is finding the right lead organization that is willing to work with partnering agencies without dictating where the coalition should go. The community knows better what the community wants, so the lead organization must understand the need to let the membership and leadership of that community drive some of what is going on. If members feel their voice is not being heard, they will soon lose interest, creating a huge problem for the organization.

Competition between groups is another barrier to building a successful coalition. It is vital that every organization be an active partner if they want to be included in all aspects of the coalition (voting privileges, inclusion in grants, etc.).

Inability to agree on specific goals, objectives, and activities can also be obstacles to overcome. It should be established early on that the group is a consensus-building organization. Everyone does not have to agree with everything to be a part of it; but if a majority of the group feels an issue, activity, goal, or objective is worthwhile, everyone needs to get behind it, even if they do not agree.

Poor organizational capacity will cause members to be discouraged rather quickly. It is crucial that a coalition meet when and where it says it is going to meet, that agendas are not consistently the same, and that minutes of meetings are available.

If the cost of participating is viewed to be greater than the benefits the coalition provides, members will become frustrated. One way to avoid this frustration is to actually poll the membership to find out what they hope to get out of being engaged, what they want to provide, and what skills they have to offer. There are numerous

templates available that can be customized to obtain this type of information.



In forming a community-wide collaboration, it is important to ask who is missing from the room. If there are key individuals, groups, or stakeholders not represented, a way must be found to engage them. Allowing for sufficient front-end time to build a solid foundation and prepare to face challenges with a strong infrastructure cannot be underestimated. A shared vision should be established so that everyone knows why they are there and what the goals are. Conducting a needs assessment of the community is a good idea, and formulating a science-based data-driven plan of action is critical for future funding.



In regard to proper management of the coalition, developing a shared approach to meeting responsibilities allows more members to be active and involved. It is important to maintain consistent and effective channels of communication. The Sussex County Health Promotion Coalition actually has a communications plan setting out how they communicate with others and the vehicles for communication. They are constantly looking for ways to improve, to make their website more user-friendly, and determine what people need from a communications standpoint. As with any program, monitoring progress should take place frequently to reassess, revise, and recommit as needed. Coalitions have to be willing to change with the environment and the needs of the community. Flexibility is paramount to success.



While no one likes the word "evaluation," coalitions need to know what they are doing well and what can be improved upon. The community needs to know what

accomplishments are being made, what goals are being met, and why some things worked well while others did not. Assessment and evaluation empower coalitions to adjust—that is what makes a coalition better.

To give the Advisory Committee a better idea of the structure of the Sussex County Health Promotion Coalition, Ms. Geisler reviewed an organizational chart (copy attached) showing the chain of command from General Membership to Technical Partners. The organization is led by six officers, a Steering Committee, and an Executive Committee consisting of the Chairs of each of five subcommittees within the Coalition. The five subcommittees meet on a monthly basis and have their own submission within the general mission of the Coalition, with their own goals and strategies to meet those goals. As Executive Director, Ms. Geisler advised that she attends each of the subcommittee meetings so there is continuity between groups. Originally under the auspices of Nemours Health and Prevention Services for two years, the Sussex County Health Promotion Coalition has been their own organization for five years now.

At this point in the presentation, Ms. Geisler asked if there were any questions or comments from anyone.

- Ms. Beaumont expressed interest in knowing who the members of the Sussex County Health Promotion Coalition are currently, and proceeded to explain a little bit about the Strategic Plan process the Advisory Committee is currently engaged in. The end goal is to establish a coalition of agencies and organizations to respond to the needs of the elderly and those with physical disabilities in Sussex County. Appointed by the Sussex County Council, the Advisory Committee would serve as a catalyst for the community and coalition.
- The function of the officers of the Sussex County Health Promotion Coalition and how they interact with the Steering and Executive Committees was questioned. Ms. Geisler advised that the officers and Executive Committee (consisting of Subcommittee Chairs voted on by their peers) meet on a monthly basis for updates to make sure what they are doing is in line with the Coalition's mission and vision statement. Their bylaws are very specific as to what can be voted on by the electorate and what is to be voted on by the entire group. Ms. Geisler emphasized that a coalition really does need to have a structure that provides longevity to provide some continuity.
- Gary Grimanelis stated he is a lay trainer and conducts Diabetes Self-Management Workshops. One of the problems he has encountered is finding people that are interested in self-management training. Mr. Grimanelis also expressed concern

regarding individuals that are paid by the State of Delaware to take training, yet they never teach a workshop. This is unfair to the elderly and those with physical disabilities who would welcome free workshops due to financial constraints.

Ms. Geisler stated the Diabetes Self-Management Workshop is an excellent program across the State and offered the assistance of the Sussex County Health Promotion Coalition in any way possible, noting that partners in the field should be doing the legwork in getting information out regarding these free workshops.

- In follow-up to Ms. Beaumont citing the word 'Child' in the title on their organizational chart, Ms. Geisler clarified that they were initially called the "Sussex County Child Health Promotion Coalition" when founded by Nemours Health and Prevention Services. However, it was felt very strongly that their mission did not meet their name because they have always worked with the entire community. They could not change the name of the organization until becoming their own entity, which was voted on at a quarterly meeting and was 100 percent unanimous to change the name to "Sussex County Health Promotion Coalition."
- A question was raised as to whether the Food Bank of Delaware is a part of the Sussex County Health Promotion Coalition. Ms. Geisler advised the Food Bank is a member and a great organization, but they do not send a representative. The Coalition has, however, utilized the Food Bank in the past with food drops. In fact, a senior food drop was started at a church in Seaford that was willing to take over the program and is now sustainable.
- For those who may not be aware, it was requested that Ms. Geisler recap some of the projects the Coalition is currently involved in, as follows:
 - Children's Health Fair coming up the first Tuesday of the last week of July at the Delaware State Fair
 - o Recently conducted Childhood Obesity Camp for the third year in a row
 - Mental Health Task Group, working with bringing together local mental health providers to address mental health issues
 - Instrumental in bringing Delaware Division of Mental Health to Sussex County recently for suicide prevention training, with another training scheduled toward the end of August
 - Working to increase the number of trainings offered in Sussex County, not only to frontline caregivers and residents, but also professional staff to really build and enhance their skillsets

- Healthy Promotion Walks held yearly at Seaford, Woodbridge, Laurel, Georgetown, and Cape Henlopen school districts to get people thinking about how to live healthier lifestyles
- o Received ACHIEVE (Action Communities for Health, Innovation & EnVironmental changE) grant supported by the Centers for Disease Control and Prevention, Healthy Communities Program, which seeks to empower local communities to promote policies, systems, and environmental change strategies—focusing on issues such as physical fitness and obesity, nutrition, and tobacco cessation—to advance the nation's efforts to prevent chronic diseases and related risk factors working with local organizations to look at healthy vending policies, worksite wellness policies, environmental structures around healthy walking, active living, those kinds of things, and encouraging them to actually make changes
- Healthy Community Dinners purchase of community supported agriculture products from local farmers that are delivered once a week to the Western Sussex Boys and Girls Club in Seaford where the food is prepared and served every Wednesday night through the end of August to anyone in the community for \$1.00 guest speakers from various organizations come and talk about available resources and services during dinner, while the children are supervised at the pool by staff of the Boys and Girls Club
- O Working with a program called Sussex Success which identifies people who have needs and strives to increase their ability to get a job, earn income, become enrolled in healthcare, whatever their family needs may be also offer childcare and some transportation for ESL classes goal is to remove the barrier that limits people from being able to access programs already in place in the community and bring people together

In conclusion, Ms. Geisler stated that it is everyone's responsibility to make the community better—everybody can give something. Disabilities are everybody's issue, senior citizens are everybody's issue, children are everybody's issue. The aim is not only to think globally, but to act globally about the community. There are ways to tweak everything to meet the needs better—that's what a coalition does.

On behalf of the Advisory Committee, Ms. Beaumont thanked Ms. Geisler for her time and informative presentation on the subject of coalitions.

Old Business

- 1. An update regarding the recently enacted Delaware State Plan on Aging to be discussed by Ken Bock, Deputy Director, CHEER, as to how it could be integrated into the Advisory Committee's Strategic Plan was tabled due to the fact that Mr. Bock was unexpectedly out of town and could not attend the meeting.
- 2. Ms. Beaumont presented the following proposed schedule of community meetings agreed upon at the Special Meeting of the Advisory Committee on June 20, 2012. The meetings are an opportunity for Advisory Committee members, County Council members, and the public to come together and validate the needs assessment for each community. The schedule is tentative at this time; however, a news release announcing each of the meetings will be forthcoming once they are finalized.

Date	Time	Council	Advisory Com.	Location	Reserving
		Member	Member		Location
9/10/12	10:00-11:30 a.m.	Cole	2 Vacancies	Long Neck	Ken Bock
				CHEER Center	
9/17/12	5:00- 7:00 p.m.	Vincent	Short, Moseley	Nanticoke Senior	Ken Bock
				Center	
9/24/12	10:00-11:30 a.m.	Wilson	Beideman, Smith,	Greenwood	Ken Bock
			Williams	CHEER Center	
10/1/12	2:00- 4:00 p.m.	Phillips	Beaumont,	Brandywine	Sally
			1Vacancy	Assisted Living,	Beaumont
				Fenwick	
10/8/12	5:00- 7:00 p.m.	Deaver	Shockley,	Milton Library	Francine
	_		1 Vacancy		Shockley

Public Comment

Ms. Beaumont recognized the following members of the audience who wished to introduce themselves and the agencies they represent:

- ➤ Lisa Becker, Delaware Coalition Against Domestic Violence thanked Linda Connors for inviting her, noting that domestic violence is an issue for the aging and those with physical disabilities in Sussex County.
- ➤ Cynthia Tunney, Dementia Caregiver Support works independently with the State of Delaware and dementia sufferers and their caregivers in Sussex County. Ms. Tunney stated that even though dementia is not a mental health issue, it does fall under the jurisdiction of the State Division of Mental Health. A coalition in this area is so needed because Sussex County residents are very unprepared to deal with dementia issues. Ms. Tunney holds trainings and speaks to groups, and welcomed

the opportunity to assist in any way possible in educating the public about Alzheimer's and dementia in Sussex County.

- ➤ Patsy Brown, President, Sussex County Chapter, Amputee Support Group of Delaware announced that the Sussex County Chapter meets the fourth Tuesday of each month at Easter Seals in Georgetown. She also works with families, nursing homes, and hospitals to provide counseling both before and after an amputation.
- ➤ Josie MacLaine, ContactLifeLine explained that their agency is a 24/7 crisis helpline and they also train people to help victims of sexual assault. Ms. MacLaine goes out into the community, including schools, doing presentations on the effects and prevalence of sexual assault and the services offered through ContactLifeLine, and they are always looking for volunteers.
- ▶ Bobbie Hemmerich independent advocate for homeowners of manufactured housing in leased land communities. Ms. Hemmerich stated she serves on the Board of Directors of the Delaware Housing Coalition and Community Legal Aid Society which deal with a number of seniors and families in financial difficulty. A major concern for manufactured homeowners is that they are not eligible for foreclosure assistance, loans, or reverse mortgages due to the fact that they are in manufactured homes, and many people are having to walk away from their homes because they cannot afford to pay the lot rent. Ms. Hemmerich is part of an effort to start a new group to address these issues and get answers for owners of manufactured homes.
- ➤ Cheryl Doucette, Delaware Hospice finding that many seniors are not sure where to connect and obtain resources. Delaware Hospice is actually rolling out a new program at the end of July to help seniors with a life-limiting disease in need of additional help. Ms. Doucette also advised that a Health Fair is being held at the Indian River Senior Center on October 12, 2012, in an effort to really engage the seniors, and that anyone interested in taking part is welcome.
- ➤ Lynette Whealton, Delaware Long-Term Care Medicaid Assistance works with the State of Delaware and individuals needing nursing home placement or community assistance in their home. Although aging in place is a much more desirable and cheaper alternative to nursing home care, everyone must be cognizant of the fact that cases of financial, emotional, and physical abuse do occur, and those issues must be kept at the forefront.

Additional Business

Linda Connors, Delaware Division of Substance Abuse and Mental Health, shared the following items of interest:

- ❖ The Delaware Aging Network is presenting a free training seminar on September 19, 2012, from 1:00 to 3:00 p.m. at the Modern Maturity Center in Dover entitled, "Legal Matters that Matter Most." The training seminar will include information on wills, advanced healthcare directives, the Delaware MOLST form, durable personal powers of attorney, and elder mediation. The speaker is Joyce Hayes, Esquire, Executive Director and Secretary, Delaware Elder Mediation Services, and Vice Chair of the Elder Law Section, Delaware Bar Association.
- ❖ The Delaware State Bar Association will be hosting "The First Wills Mega-Event," including wills for Heroes Delaware and wills for seniors and veterans, on Saturday, September 22, 2012, from 9:00 a.m. to 4:00 p.m. at The Shipyard Center at the Wilmington Riverfront. Volunteers will be offering estate planning services such as simple wills, advance healthcare directives, and financial powers of attorney. Appointments last about one hour and clients leave with all documents signed, witnessed, notarized, and in effect. Clients take all paperwork with them when they leave and the documents are immediately effective. Anyone interested in additional information should contact Jacki Chacona at (302) 478-8680, Extension 212.
- * The Delaware Council On Gambling Problems will be holding a seminar entitled "Family, Faith & Addictions Essential Information for Pastoral Caregivers: Recognizing The Impact of Addiction & Problem Gambling" on October 9, 2012, from 9:00 a.m. to 4:00 p.m. at the Duncan Center in Dover. With problem gambling and addiction a concern throughout the State, pastoral caregivers are often the first line of defense for people suffering from the devastating consequences of addiction and problem gambling. The goal is to get persons in the faith community—priests, ministers, rabbis—involved so they are prepared to respond should the need arise. There is no cost, and a continental breakfast and lunch will be served. Additional details may be obtained by calling (302) 655-3261.

Special Meeting

Ms. Beaumont announced that immediately following the Advisory Committee's regular meeting, a Special Meeting will take place for the purpose of developing a questionnaire to determine the level/type of commitment of those invited to participate

in the coalition, beginning with those on the communication resource list. Anyone wishing to remain for the discussion was welcomed to do so.

Next Meeting

The next meeting of the Advisory Committee is scheduled for Monday, September 17, 2012, at 10:00 a.m. at the Sussex County West Administrative Complex, 22215 North DuPont Boulevard, Georgetown, Delaware.

Adjournment

A Motion was made by Ms. Short, seconded by Ms. Smith, to adjourn at 11:27 a.m. Motion Adopted by Voice Vote.

Respectfully submitted,

Anna Short, Secretary Advisory Committee on Aging and Adults with Physical Disabilities for Sussex County

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